



**IASF -USASF RULES  
COMPARISON  
2019-20**

<b>2019-20 RULES COMPARISON</b>		
	<b>IASF</b>	<b>USASF</b>
<b>GLOSSARY-SUSPENDED ROLL</b>	A stunt skill that involves hip-over-head rotation from the top person while connected with <b>hand/arm to hand/arm</b> of the base(s). Each <b>hand/arm</b> of the top person must be connected to a separate <b>hand/arm</b> of the base(s). The base(s) may have their arms extended and will release the feet/legs during the rotation of the skill. This is considered a prep level stunt.	A stunt skill that involves hip-over-head rotation from the top person while connected with <b>hand/wrist to hand/wrist</b> of the base(s) that is on the performing surface. The base(s) will have their arms extended and will release the feet/legs during the rotation of the skill. <b>The rotation is limited to either forward or backward.</b> This is considered a prep level stunt.
<b>LEVEL 3-STUNTS TWISTING</b>	Up to 1 twist <b>to prep level or below</b> ; Up to 1/2 twist to extended single leg stunt; <b>Up to 1 twist to extended 2 legged stunt</b>	Full twisting transitions <b>must land at and originate from prep level or below</b> ; <b>Twisting transitions to and from an extended position may not exceed a 1/2 twisting rotation</b>
<b>LEVEL 3-STUNTS INVERSIONS</b>	Inverted stunts are allowed at <b>prep level</b> . Suspended rolls-each <b>hand/arm</b> of the top person must be connected to a separate <b>hand/arm</b> of the base(s). <b>Suspended rolls that exceed a 1/2 twist must land in a cradle.</b>	No inverted stunts above <b>shoulder</b> level except multi-based suspended rolls. <b>Multi-based</b> suspended rolls <b>must roll to a cradle, load in position, flat body prep level stunt or the performing surface.</b> Both <b>hands</b> of the top person must be connected to a separate hand of the base. Multi-based suspended forward rolls that exceed a 1/2 twist must land in a cradle. <b>Multi-based suspended backward rolls may not twist.</b>
<b>LEVEL 3-STUNTS DOWNWARD INVERSIONS</b>	Are allowed at waist level, <b>may pass through prep level</b> ; must have 2 catchers between the waist and shoulder region of the <b>torso</b> of the top person	Are allowed at waist level; have 2 catchers between the waist to shoulder region; <b>may not pass through prep level and become inverted below prep level</b>
<b>LEVEL 3-PYRAMIDS NON-RELEASED TWISTING</b>	Up to 1 twist; prep level or below bracer is required through transition if exceeds a 1/2 twist to extended single leg stunt	Twist <b>TO</b> extended is allowed up to one twist connected to a bracer at prep level or below and a base with <b>hand/arm connection.</b>
<b>LEVEL 4 STANDING TUMBLING</b>	Standing flip and flips from a back handspring entry; 1 flip and 0 twisting; aerial( <b>front walkover</b> and cartwheel) and onodis allowed; No jump flip or consecutive flip/flip	Up to 1 flipping and 0 twisting rotation; <b>flips must be performed in a tuck position with no additional skills</b> ; aerial cartwheels and onodis allowed; standing flips and flips from a back handspring entry allowed; no flips connected to a jump; <b>no tumbling allowed after a flip, aerial cartwheel or onodi</b>

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<b>LEVEL 4-STUNTS TWISTING</b>	Up to 1 1/2 twists	Up to 1 1/2 twists allowed; <b>Twisting TO an extended position must not exceed a 1/2 twist; if exceeds a 1/2 and up to 1 twist must land in a two-leg stunt, platform position or liberty(no body positions)</b>
<b>LEVEL 4-STUNTS RELEASE MOVES</b>	Release moves that land extended must start at <b>prep</b> level or below.	Release moves that land extended must start at <b>waist</b> level or below.
<b>LEVEL 4-STUNTS DOWNWARD INVERSIONS</b>	Downward inversions are allowed at prep level; <b>may pass above prep level.</b> EXCEPTION: Controlled lowering of extended inverted stunt to <b>prep</b> level; <b>If passes above prep level, may not land, stop or touch the ground inverted.</b> EXCEPTION: Controlled lowering of extended inverted stunt to prep level	Downward inversions are allowed at prep level and below; <b>may not pass above prep level and become inverted at prep level or below</b> EXCEPTION: Controlled lowering of an extended inverted stunt to <b>shoulder</b> level is allowed <b>if initiated</b> from an extended inverted stunt( <b>does not include passing through extended</b> ); <b>Two leg pancake stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.</b>
<b>LEVEL 4-PYRAMIDS NON-RELEASED TWISTING</b>	Up to 1 1/2 twists	Twisting to and from extended is allowed up to 1 1/2 twists <b>connected to a bracer at prep level or below.</b>
<b>LEVEL 5 RUNNING TUMBLING</b>	No tumbling is allowed after <b>full</b> twisting skill	No tumbling allowed after twisting skill
<b>LEVEL 5-STUNTS TWISTING</b>	Up to 2 1/4 twists	Up to 2 1/4 twists allowed; <b>1 1/2 twists if landing in extended 2 legged stunt; 1 twist if landing in an extended single leg stunt</b>
<b>LEVEL 5-PYRAMIDS NON-RELEASED/RELEASED TWISTING</b>	Up to 2 1/4 twists	Up to 2 1/4 twists allowed <b>connected to a bracer at prep level or below</b>
<b>LEVEL 5-DISMOUNTS</b>	2 1/4 twists; May not exceed 3 tricks	2 1/4 twists; May not exceed 3 tricks; <b>if exceeds 1 1/2 twists, no skill other than the twist is allowed</b>
<b>LEVEL 6-STUNTS RELEASE MOVES</b>	No free flips. <b>EXCEPTION: EXCLUDES JUNIOR 6: Rewinds are allowed 1 flipping and 0 twisting; requires a minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi-based stunt; leg pitch, toe pitch and similar type tosses not allowed; No tumbling allowed prior to rewind</b>	No free flipping allowed